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THE INTERPRETATION OF NEUROSYNCHROCICITY IN THE SHAMANISTIC HEALING RITUAL

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The author interprets the neurophenomenology of Korean Shamanistic healing ritual from the perspectives on contemporary cognitive neuroscience and psychoneuroimmunology. In the traditional society of Korea, Shaman's healing performance has been one of the most dominant healing methods for the ordinary people. The field of neuropsychology and psychoneuroimmunology helps to articulate neurocognitive processes of Shamanistic healing ritual.

On the cortical level of the human brain, the Shamanistic healing ritual ("Kut") provides the left-side brain with a structured boundary and, at the same time, activates the right-side brain. On the subcortical level, the channel of the limbic system and the hypothalamus has been harmonized and balanced out to regulate the homeostasis of the human emotion, especially the immune system. The ritual processes of the "Kut" highly activate and sensitize the core function of human emotion, which is biologically connected with a series of neurological channels: the right hemisphere, the limbic system, the hypothalamus and the pituitary.

During the "Kut" the participants disclose their painful and traumatic life events and memories. When they discharge and release their painful and traumatic life events, their inner function of the immune system is enhanced in a significant way. Especially, I articulate the neurocognitive processes of "synchronicity," and suggest some psychotherapeutic effects on releasing the participants' emotional and cognitive pain or oppression ("Han" in Korean) and their clinical anger syndromes ("Whabyong" in Korean) as well as enhancing the immunity of mind as the empowered coping skill.